Slimfit 3D Pedometer
Model: PE208
User Manual

EN

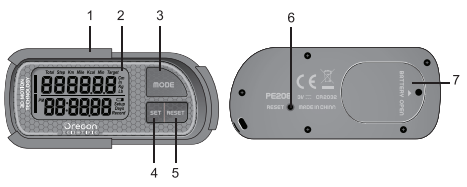
INTRODUCTION

Thank you for purchasing the new Oregon Scientific™ Slimfit 3D Pedometer (PE208). The PE208 is a pedometer equipped with 3D acceleration sensor that can detect steps in any dimension it is carried. It features clock, target bar alert, 7-day memory, step counter, distance counter and calorie counter functions.

NOTE This manual contains important safety and product care information, and provides step-by-step instructions for using this product. To get the greatest benefit from your purchase, read the manual thoroughly, and keep it in a safe place in case you need to later refer to it.

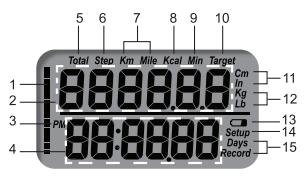
IMPORTANT Do not immerse the pedometer in water.

OVERALL



1. Belt clip
2. LCD screen
3. **MODE** : Toggle among different operation modes; decrease values of a setting.
4. **SET** : Enter Setting Mode; toggle to move to next setting option; toggle to view the data in Memory Mode.
5. **RESET** : Press to erase the current day data or total data; increase values of a setting; press to toggle among the days in Memory Mode.
6. **RESET** button: Press to return to the default setting
7. Battery compartment

LCD



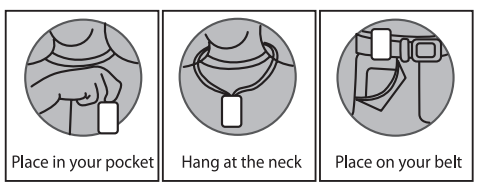
1. Target bar
2. LCD for displaying mode banners, number of steps, distance walked, calorie reading or exercised time.
3. **AM**/**PM**: 12 hour clock
4. LCD for displaying time and days record
5. **Total**: Indicates total exercise data, including **Step**/**Km**/**Kcal**/**Min**
6. **Step**: Indicates steps walked
7. **Km**/**Mile**: Distance unit (kilometer / mile)
8. **Kcal**: Calorie unit
9. **Min**: Indicates exercise timer
10. Target: Indicates target steps to achieve
11. **Cm**/**In**: User's stride length unit (centimeter / inch)
12. **Kg**/**Lb**: Weight unit (kilogram / pound)
13. : Indicates battery power is low
14. **Setup**: Indicates you are in Setting Mode
15. **Days Record**: Indicates on which day (1-7) before is the displayed data recorded

GETTING STARTED

ACTIVATE PEDOMETER (FIRST-TIME USE ONLY)

Press any button until the screen is activated.

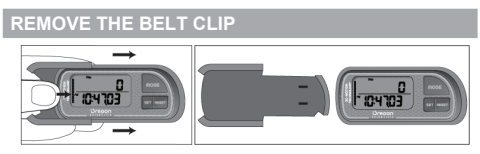
CARRYING THE PEDOMETER



The PE208 can be carried on your clothes or in pocket and handbag by using belt clip (provided), and if you want to wear it around the neck, you can purchase an adjustable strap (not provided).

NOTE We highly recommend you to clip the pedometer onto the belt or place it into a tight and secure pocket for the most accurate reading.

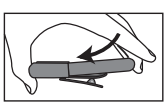
REMOVE THE BELT CLIP



- The pedometer is pre-installed in the belt clip. Push the device from the belt clip with some pressure.

Install the belt clip:

- Insert the pedometer into the belt clip; shift it into place with the fingers and some pressure.



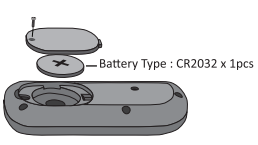
SET TIME AND USER DATA

To effectively use the pedometer for calculating calories burned (based on step count and user body weight) and distance walked (based on step count and length of user's stride), you are advised to set the time and your user data in the Setting Mode. Refer to **Setting Mode** in this manual.

IMPORTANT Remember to set the time and your user data after every battery replacement.

BATTERY REPLACEMENT

The pedometer uses a CR2032 3V battery, which has already been installed.



If displays on the screen, the pedometer is low battery. Please replace battery for the pedometer for accurate counting and reading.

Use a screwdriver to remove battery compartment lid from the pedometer.

1. Remove the old battery and insert the new one, matching the polarities (**+**/**-**).
2. Replace the lid and tighten the screws.

NOTE When the battery compartment is opened or battery is replaced, all data in the pedometer will be reset.

OPERATION MODES

The PE208 has three modes of operation. The Main Mode is the default display mode, which displays the current step count and time. To enter other modes, press the buttons as shown below.

MAIN MODE

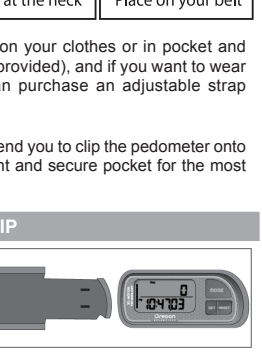
In the Main Mode, toggle **MODE** to view the data following the below sequence:

- Current step count (default)
- Distance walked
- Calorie burned
- Exercise time

NOTE The current step count, calorie burned, distance walked, and exercise timer will be reset automatically to zero at midnight.

SETTING MODE

While current step is displaying on the screen, press and hold **SET** to enter the Setting Mode, **ADJ** flashes on the screen. Then you can set the values following the below sequence on **Setup** screen:



- 12/24 Hour Format
- Seconds/Hours/Minutes
- Month/Day/Year
- Stride measurement units (Cm/In)
- Stride length
- Weight measurement units (Kg/Lb)
- Target Steps (Minimum 100 steps).

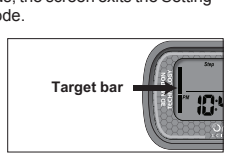
Adjust the values:

- Press **MODE** to decrease the value;
- Press **RESET** to increase the value
- Press **SET** to confirm the current setting and move to next setting.

NOTE You can press **SET** to skip through settings. If you do not press any button for 10 seconds, the screen exits the Setting Mode and returns to the Main Mode.

Set a target:

The default target is 5,000 steps. If you want to reset the target and successfully achieve this goal, the target bar will flash continuously until you press any button.

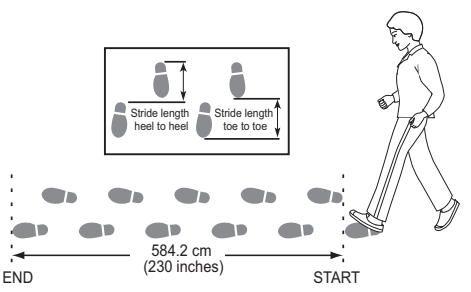


TIP Stride length is a distance between the tip of toe of your leading foot and the tip of toe of your back foot while you walk a pace, or also can be measured by the heel of your feet as reference. For correctly measuring individual stride length, you can walk a distance at your normal pace, and then being divided by the paces, the average value can be used for inputting into the pedometer as a stride length.

For example, if you walk a total of 10 paces and the distance is 584.2 cm (230 inches). The average stride value is 59 cm (23 inches).

Total distance ÷ Steps taken = Average stride-length

584.2cm ÷ 10 = 59 cm



MEMORY MODE

In the Memory Mode, you can view the records of your current day or the total recorded days.

To view current day data:

- Toggle **MODE** to view current day data while Step/Walked distance/Calories burned/Step Time alternatively displaying on the screen with the current time display.

To view a selected day data:

1. Toggle **MODE** to view **Step** screen while the selected day displaying on the screen. **Days Record** displays on the screen.
2. Toggle **SET** to browse the records of that day in a sequence: Step/Walked distance/Calories burned/Step Time.
3. Press **RESET** to change the day,

To view total memory data:

1. Toggle **MODE** to enter **Total** screen
2. Toggle **SET** to browse the records in a sequence: Step/Walked distance/Calories burned/Step Time.

To delete a memory:

- On **Step** screen, press and hold the **RESET** button (**CLEAR** flashes on the screen) to delete the current day data.
- On **Total Step** screen, press and hold the **RESET** button (**CLEAR** flashes on the screen) to delete all the data in memory.

NOTE You cannot retrieve a deleted record.

SLEEP MODE

Your pedometer enters sleep mode after three minutes if there is no activity or movement. Until a new activity or movement is sensed, the LCD will not display any information.

RESET THE PEDOMETER

Press **RESET** (master reset button) at the back of the pedometer using a pointed object such as a straightened paper clip.

SPECIFICATIONS

Real time clock	12 / 24 format with hour / minute
Year range	2000-2099
Daily Data	
Step measurement range	0.0- 99,999 steps
Calorie measurement range	0.0-99,999.9 kcal
Calorie burned resolution	0.1 kcal
Distance measurement range	0-999.99 km (0-999.99 miles)
Walked distance resolution	0.01 km / 0.01 mile
Exercise timer range	0-9,999 min
Exercise timer resolution	1 min
Total Data	
Step measurement range	0.0- 999,999 steps
Calorie measurement range	0.0-99,999.9 kcal
Calorie burned resolution	0.1 kcal
Distance measurement range	0-9999.99 km (0-9999.99 miles)
Exercise timer range	0-999,999 min
Exercise timer resolution	1 min
Days of record	7 days
Body weight range	20-226 kg (44-498 pounds) Default: 50 kg or 110 lb
Body weight resolution	1 lb / 1 kg
User adjustable stride length	30-213cm or 12-84 in Default: 50 cm or 20 in
Stride length resolution	1 cm / 1 inch
Target steps range	100-990000 steps
Walked distance resolution	0.01 km / 0.01 mile
Power	1 x CR2032 3V battery
Operating temperature	-10°C to 40°C (14°F to 104°F)
Storage temperature	-20°C to 60°C (-4°F to 140°F)

PRECAUTIONS

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product:

- Use a soft, slightly moistened cloth to clean the pedometer. Do not use abrasive or corrosive cleaning agents, as these may cause damage. Never use the products in hot water or store them when wet.
- Do not subject the product to excessive force, shock, dust, extreme temperature changes or humidity. Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction.
- Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Do not scratch hard objects against the LCD display as this may cause damage.
- Take precautions when handling all battery types.
- Remove the battery whenever you are planning to store the product for a long period of time.
- When replacing battery, use new battery as specified in this user manual.
- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.
- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device. Have your watch serviced by an approved service center annually.
- When disposing of this product, ensure it is collected separately for special treatment and not as normal household waste.
- Due to printing limitations, the displays shown in this manual may differ from the actual display.
- The contents of this manual may not be reproduced without the permission of the manufacturer.

NOTE The technical specifications for this product and the contents of the user manual are subject to change without notice.

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Please contact our Customer Services at info@oregonscientific.com with any inquiries or product issues.

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FCC STATEMENT

The following information is not to be used as contact for support or sales. Please call our customer service number (listed on our website at www.oregonscientific.com), or on the warranty card for this product) for all inquiries instead.

We

Name:	Oregon Scientific, Inc.
Address:	10778 SW Manhasset Dr. Tualatin, Or 97062 USA
Telephone No.:	1-800-853-8883

declare that the product

Product No.:	PE208
Product Name:	Slimfit 3D Pedometer
Manufacturer:	IDT Technology Limited
Address:	Block C, 9/F, Kaiser Estate, Phase 1, 41 Man Yue St., Hung Hom, Kowloon, Hong Kong

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

WARNING Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio / TV technician for help.

This Class B digital apparatus complies with Canadian ICES-3(B)/NMB-3(B)

DISPOSAL INFORMATION FOR USERS

Pursuant to and in accordance with Article 14 of the Directive 2012/19/EU of the European Parliament on waste electrical and electronic equipment (WEEE), and pursuant to and in accordance with Article 20 of the Directive 2006/66/EC of the European Parliament on batteries and accumulators and waste batteries.

The barred symbol of the rubbish bin shown on the equipment indicates that, at the end of its useful life, the product must be collected separately from other waste.

Please note that the batteries / rechargeable batteries must be removed from the equipment before it is given as waste. To remove the batteries / accumulators refer to the specific instructions in the user manual.Therefore, any products that have reached the end of their useful life must be given to waste disposal centres specialising in separate collection of waste electrical and electronic equipment, or given back to the dealer when purchasing a new EEE, pursuant to and in accordance with Article 14 as implemented in the country.

The adequate separate collection for the subsequent start-up of the equipment sent to be recycled, treated and disposal of in an environmentally compatible way contributes to preventing possible negative effects on the environment and health and optimises the recycling and reuse of components making up the apparatus.

Abusive disposal of the product by the user involves application of the administrative sanctions according to the laws in force.

EU – DECLARATION OF CONFORMITY

Hereby, Oregon Scientific, declares that this Slimfit 3D Pedometer (Model:PE208) is in compliance with EMC directive 2004/108/EC. A copy of the signedand dated Declaration of Conformity is available on request via our OregonScientific Customer Service.